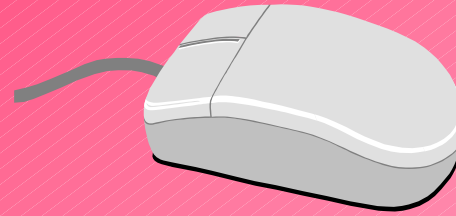


The Foods You Eat Each Day

Recommendations from
Missouri Department of Health
and Senior Services
Division of Nutritional Health and Services

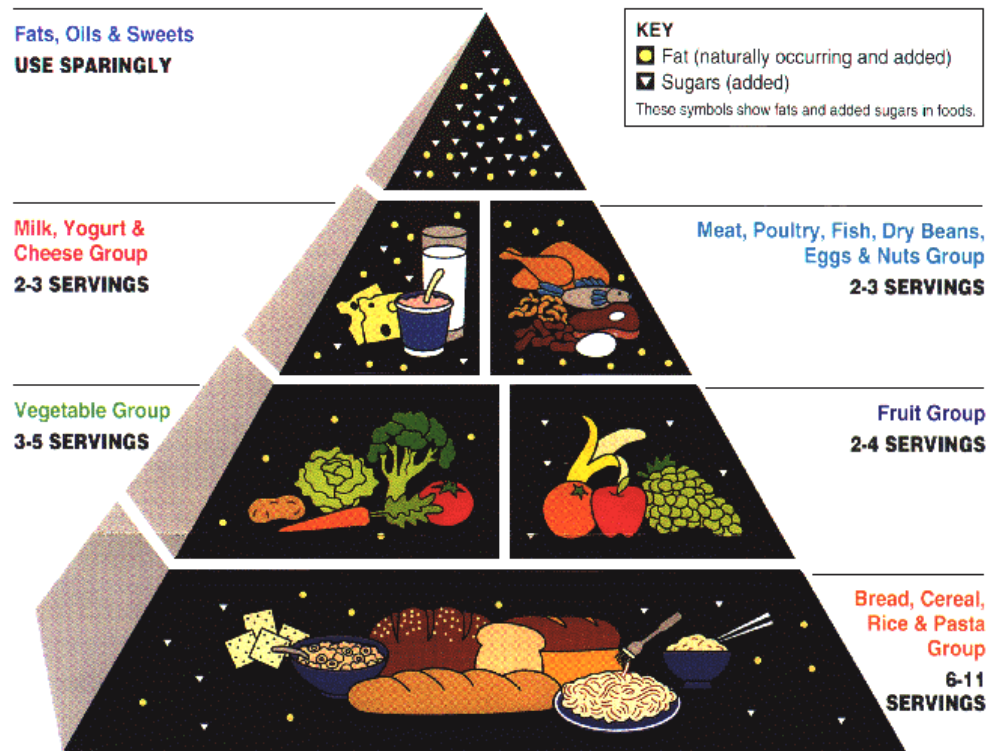
August 2002

Instructions



- Have your FFQ printout in front of you as you view *The Foods You Eat Each Day*.
- Try to answer the questions before going to the next slide.

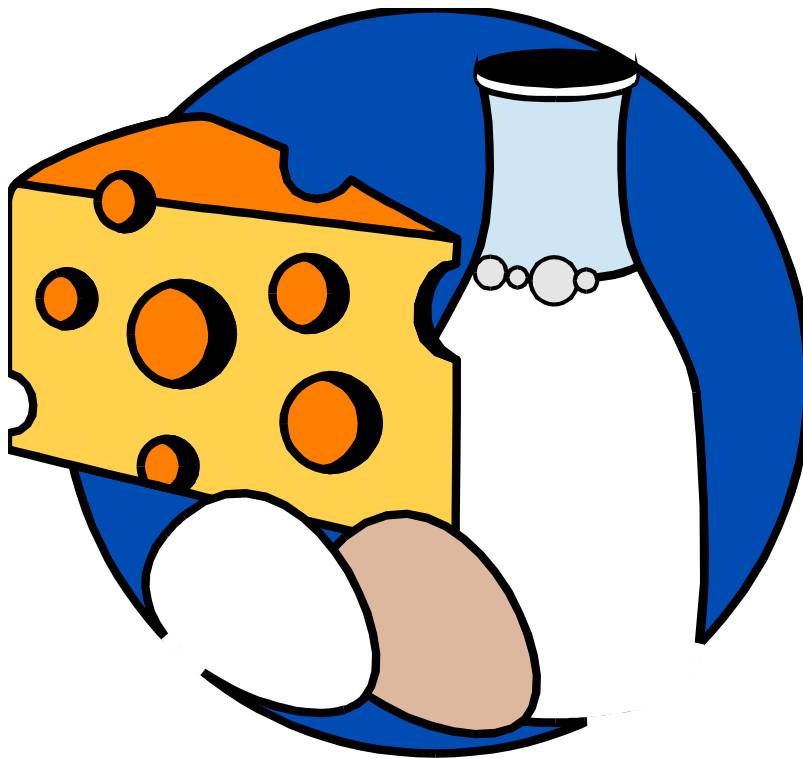
Let the Food Pyramid guide your choices!



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Servings per day by Food Group

Look on your FFQ printout



- Do you have:
2-3 servings meat?
2-3 servings milk?
- If your answer is
“yes”
GOOD FOR YOU!

If your answer is “no”

To ↑ milk

- Drink milk with each meal.
- Eat breakfast!
- Try yogurt as an after school snack.

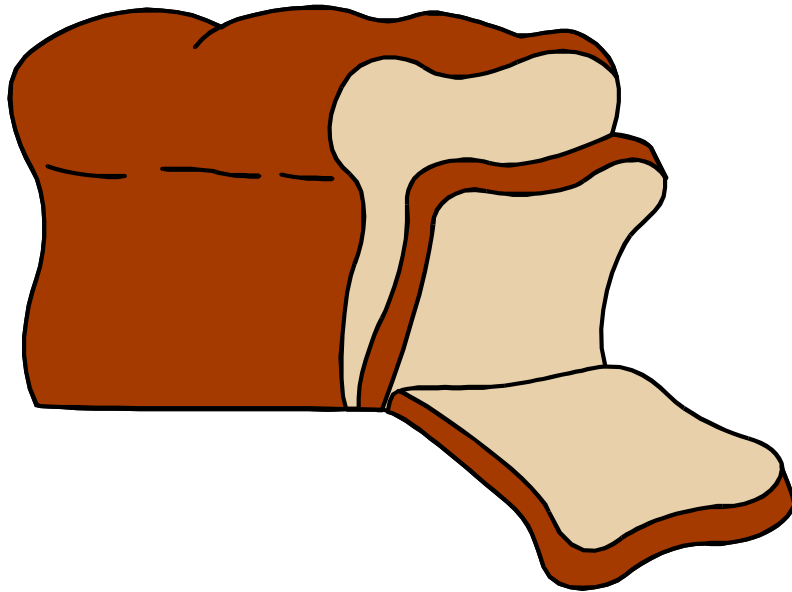
To ↑ meat

Snack on meat alternatives:

- **peanut butter** and crackers
- **bean dip** and tortilla chips

Servings per day by Food Group

Look on your FFQ printout



- Do you have 6-11 servings breads and cereals?
- If your answer is **“yes”**
GOOD FOR YOU!

If your answer is “no”
consider the serving size!

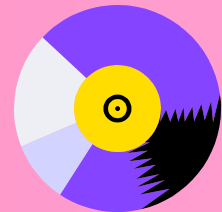
Did you know...

1 serving spaghetti = 1/2 cup = a small fist

1 hamburger bun = 2 servings

1 muffin = a large egg

1 pancake or waffle = a 4 inch CD



WOW!

Servings per day by Food Group

Look on your FFQ printout

- Do you have 3-5 servings vegetables?
- Do you have 2-4 servings fruits?
- If your answer is
“yes”
GOOD FOR YOU!





If your answer is “no”

Make your own **SMOOTHIE**

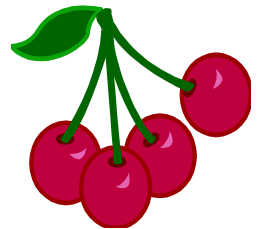
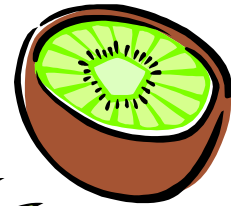
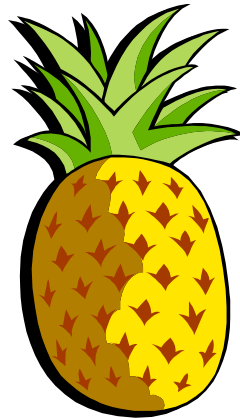
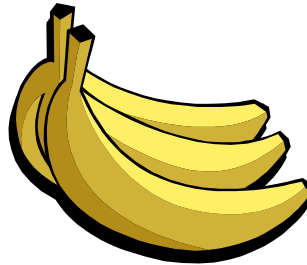
Mix in a blender:

1 container yogurt

any fruit

6 ice cubes

1/2 c. milk

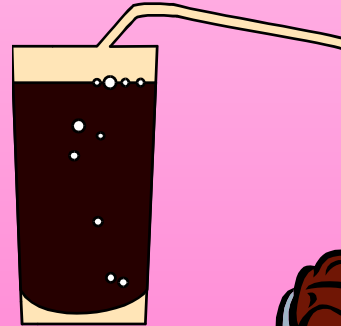


Be creative - you choose the flavors!

How many sweets did you eat?

Look on your FFQ printout

- Suggested limit = 6 to 12 teaspoons sugar each day



- 12 oz. soda = 9 t.
- 1 oz. Chocolate bar = 3 t.

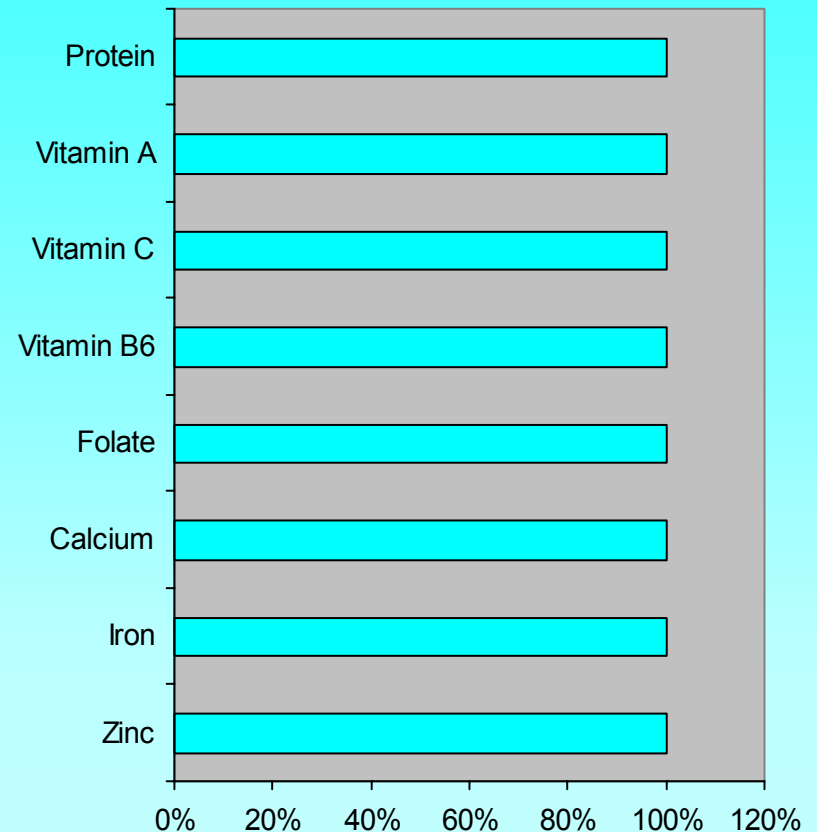


- **Read labels! 4 grams sugar = 1 t.**

Nutrients As Percentage of RDA

GOAL

- Most healthy people need **100%** of each nutrient.
- Do you have 100% of the Recommended Dietary Allowance of each nutrient?



Protein

Which statement is true?

☐ Proteins transport cholesterol, drugs, vitamins and minerals in our body.

☐ Antibodies, which help to keep us from getting sick, are made from protein.

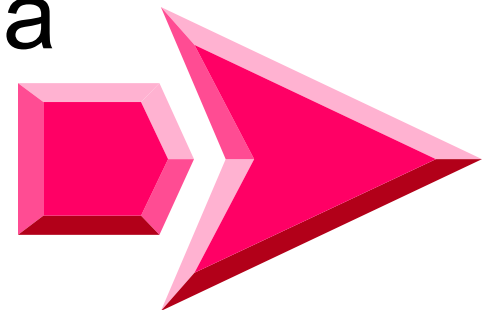
Protein

Answer

- Both statements are true!

Proteins are building blocks of body tissues.

- Go on to the next slide for a question about Vitamin A.



Vitamin A

What is your answer?

- It is well known that Vitamin A is needed for what part of the body?



?

- Vitamin A is needed for good vision.

Vitamin A

- These foods are Americans' favorite sources of Vitamin A. Are you eating at least one food from the list often?

Vitamin A

- Which is your favorite?

Carrots

Vegetable Soup

Spinach

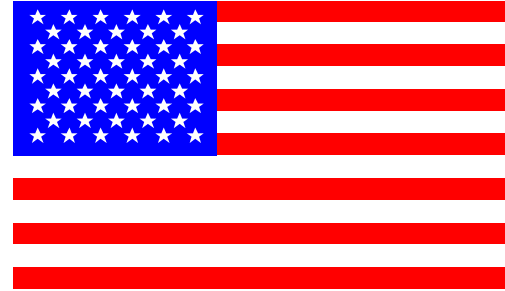
Orange Juice

Sweet Potatoes

Beef Stew

Mixed Vegetables

Cantaloupe


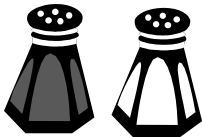



- **These foods are Americans' favorite sources of Vitamin A. Are you eating at least one food from the list often?**

Vitamin C

Choose the correct answers

Vitamin C is lost
due to:

- Heat 
- Salt 
- Water 

How often do you
need Vitamin C?

- Daily
- Weekly
- Monthly
- Yearly
- Never



Vitamin C

Answers

- **HEAT**
and
- **WATER**



- Cook vegetables quickly in little water!

Daily

☞ You need 45-60 milligrams of Vitamin C each day. Any extra is excreted in the urine.

Vitamin C

The Question:

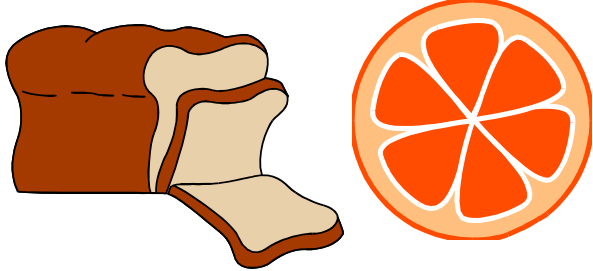
- What can you eat that will give you all the Vitamin C you need each day?

The Answer:

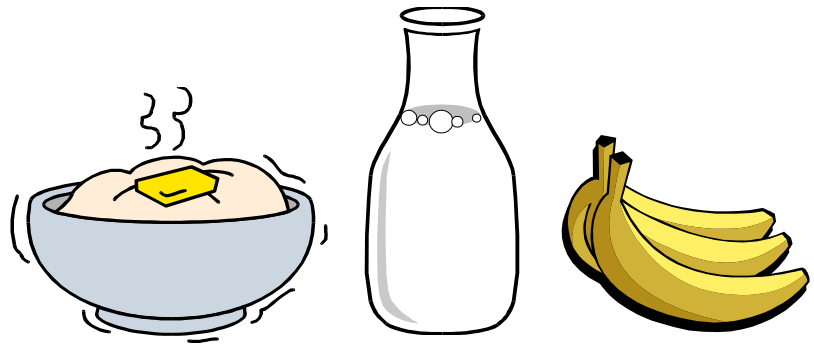
- 1 kiwi or
- 1 orange or
- 6 oz. orange juice or
- 1 spear fresh broccoli

Vitamin B₆

- Which breakfast has almost all of the Vitamin B₆ you need each day?



2 pieces toast
orange juice



oatmeal
banana and milk

Vitamin B₆

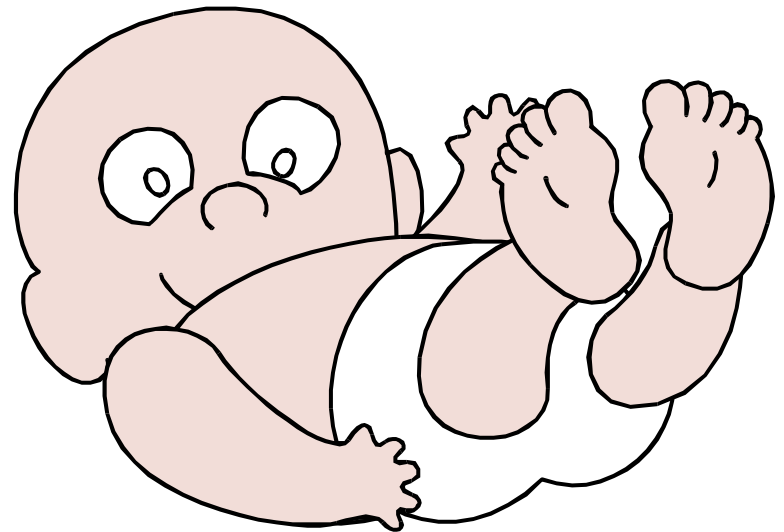
- Either breakfast is a good choice!!



- Just the oatmeal and banana has almost all the B₆ you need each day.

Folate

- Folate can help prevent (choose one)
 - ☐ osteoporosis (brittle bones)
 - ☐ birth defects
 - ☐ high cholesterol
 - ☐ sleepiness



Folate

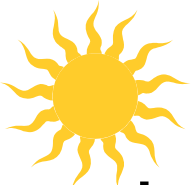
Answer

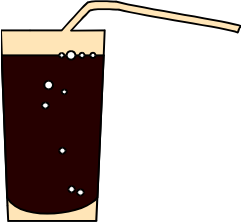


- ☐ Adequate folate before and during pregnancy helps prevent **birth defects**, like spina bifida, in newborn babies.

Calcium

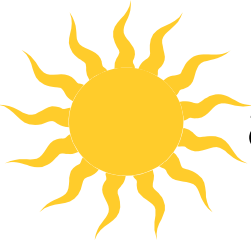
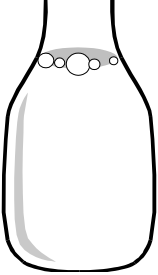
Which statement is true?

-  Sunshine and milk are sources of Vitamin D that help the body absorb calcium.

- Soda and fruit juice drinks are sources of Vitamin D  that help the body absorb calcium.

Calcium

Answer

-  and  are sources of Vitamin D which help the body absorb calcium.

☹️ **Soda** contains phosphorus which interferes with calcium absorption.

Iron

Which statement is true?

- More boys are anemic (have low iron stores) than girls.
- Children with good iron stores perform better on tests.



Iron

Answer



- Children with good iron stores perform better on tests!

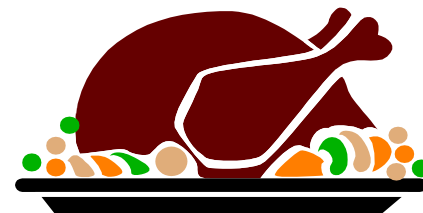
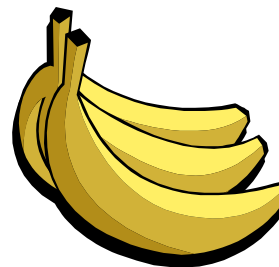
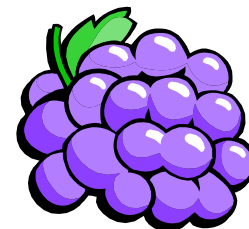
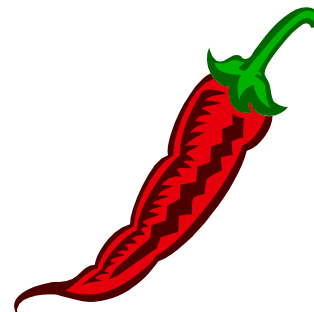


Teenage girls need more iron than boys and are more often anemic than boys.



Zinc

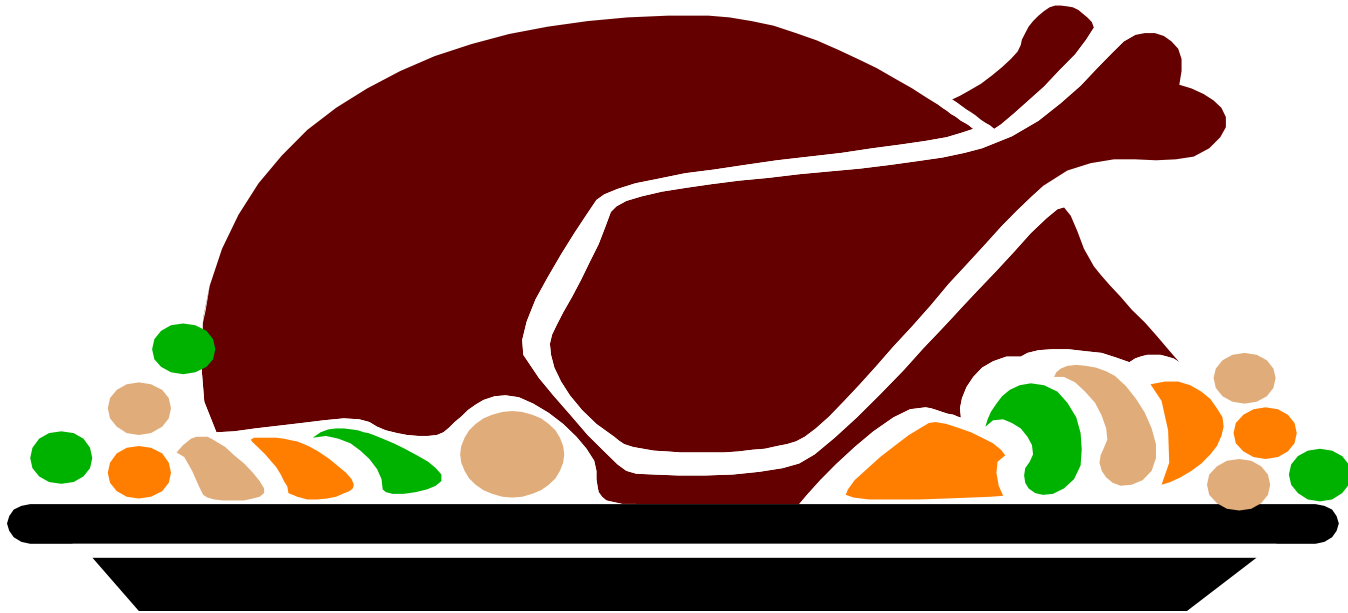
Children
need zinc
to reach
their full
height.
Which
foods
provide
zinc?



Zinc

Answer

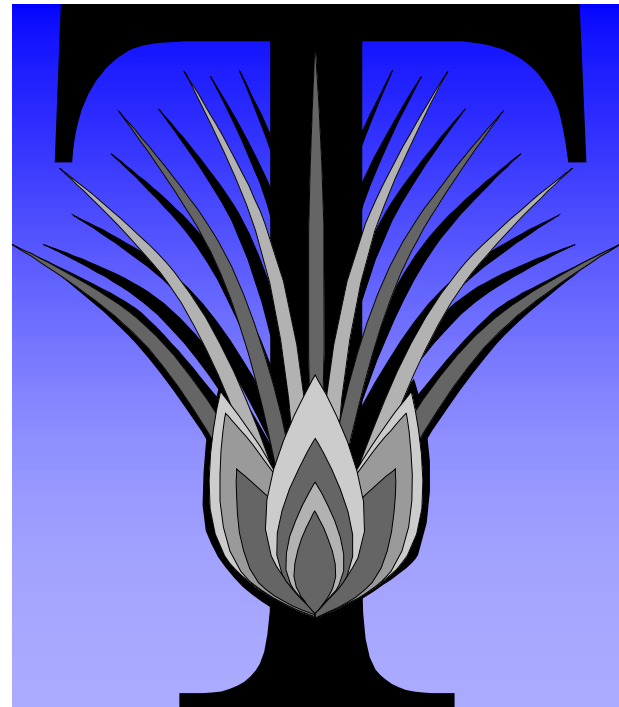
- Meats, milk and dry beans are good sources of zinc.



The 6 Essential Nutrients

Add the letter T to find the answer

1. Pro_ein
2. Carbohydra_e
3. Fa_
4. Viamins
5. Minerals
6. Wa_er



3 have calories, 3 help use calories
through body functions!

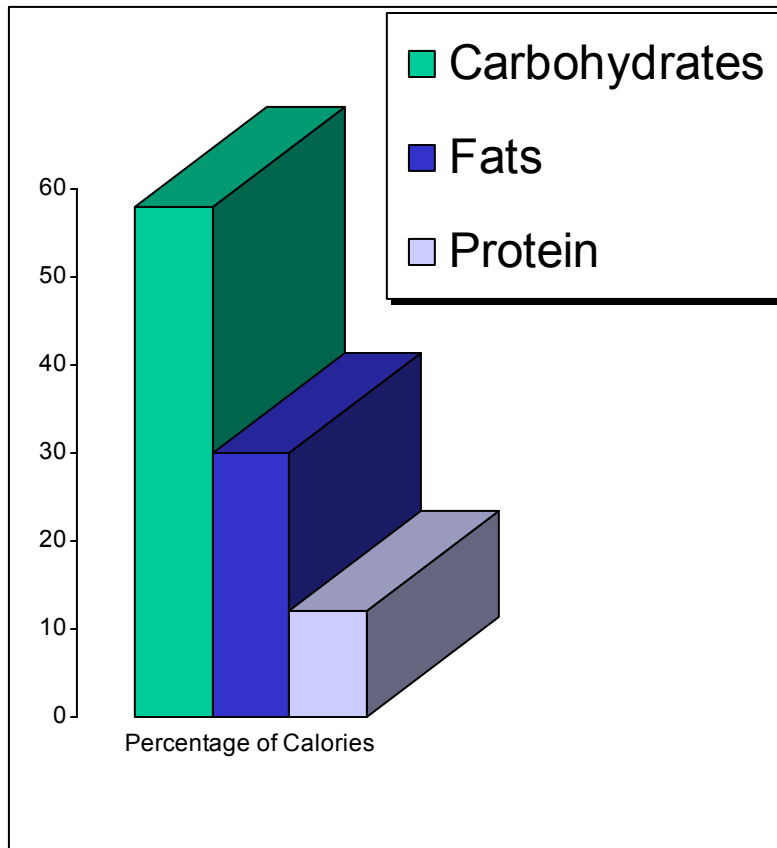
Calorie Sources

- Calories are the energy we get from foods.
- Where do your calories come from?
- Keep going to find out.



Calorie Sources

Recommended



- 58% Carbohydrates
- 30% (or less) Fats
- 12% Protein
- **How did you do?**

Look Good! Feel Great!

⇒ **Balance** proteins,
carbohydrates
and fats!

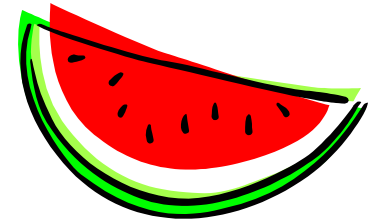
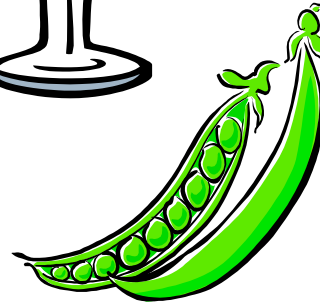
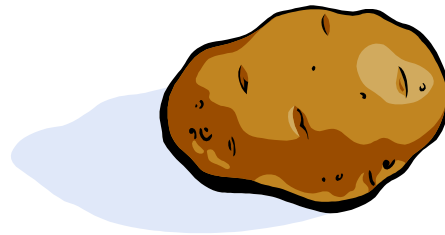
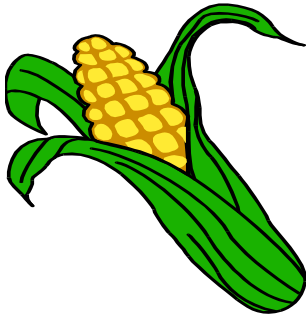
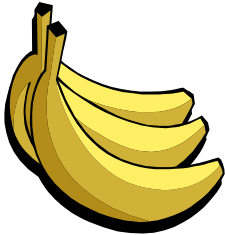
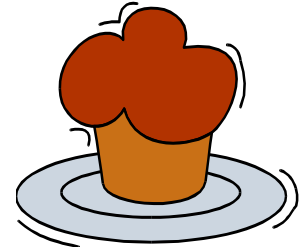
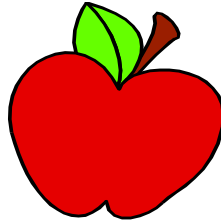
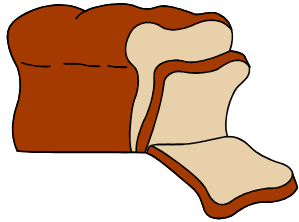
⇒ Eat a **variety** of
foods!

⇒ Eat foods in
moderation!



Carbohydrates

Wait - Don't click mouse



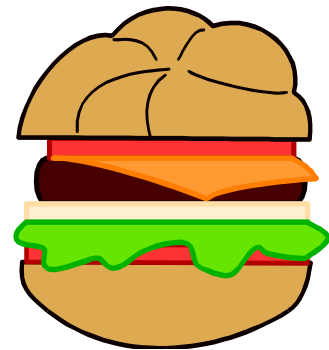
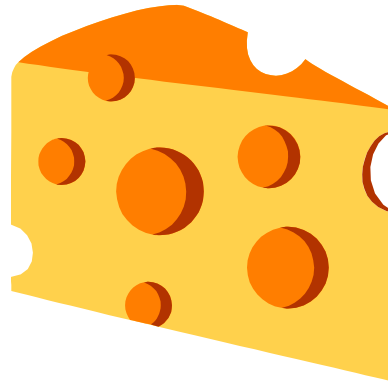
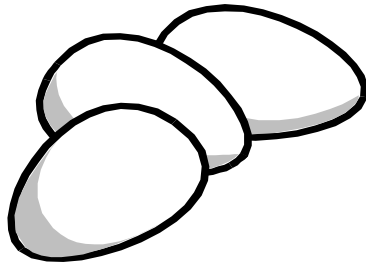
Fats

(click mouse)

- margarine and butter
- oil
- salad dressing and mayonnaise
- bacon
- cream cheese
- sour cream

Proteins

Wait - Don't click mouse

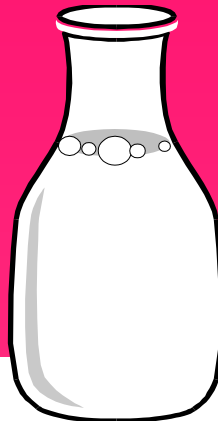


Foods with more than one calorie source

Some foods have both
fat and carbohydrate.

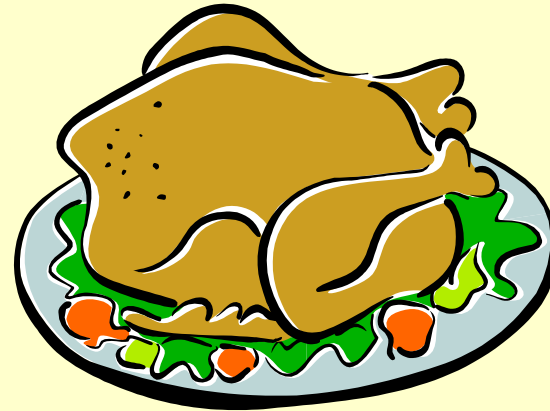
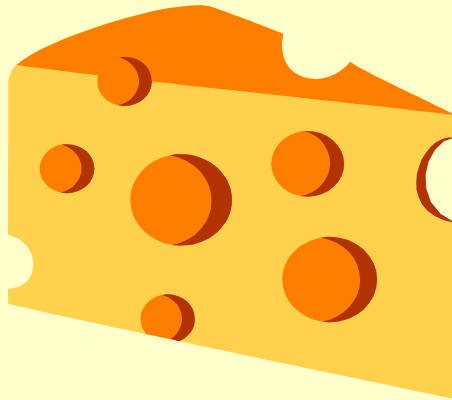


Some foods have both carbohydrate
and protein.



Foods with more than one calorie source

- Some foods have both fat and protein.



Foods with more than one calorie source

- This favorite food has carbohydrate, protein and fat!

WHAT IS IT?



Pizza is one example.

How much should you exercise?

Keep going to find out.



Vigorous Physical Activity

Question #1 from the FFQ (Middle and High School)

- You should



for 20 minutes at least 3 days each week!

- Hint: You will be breathing hard.

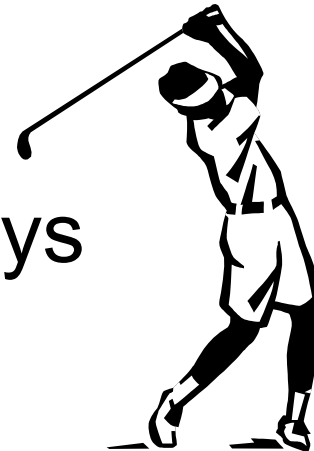
Moderate Physical Activity

Question #2, 3 and 4 from the (High School) FFQ

- You should



for 30 minutes at least 5 days
each week! Have fun!



P.E. Class

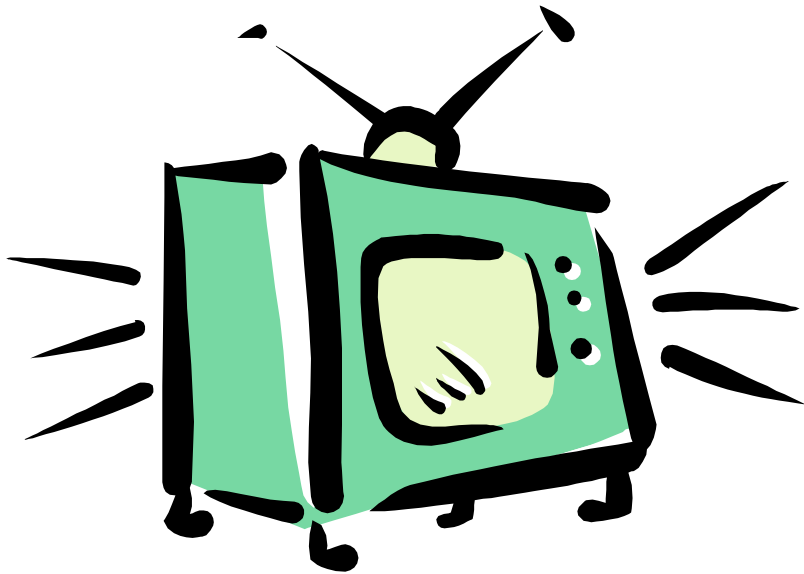
Question #5 and #6 from the (High School) FFQ
Question #2 from the (Middle School) FFQ



Healthy People 2010 Objectives are:

- Daily P.E. class
- 20 minutes or more

How many hours each day do you watch TV?



😊 1 hour or less

😊 2 hours

GOOD FOR
YOU!

😞 3 hours

😞 4 hours

😞 5 hours or more

TOO MUCH!

How can you improve?

Do you need to -



- Lower your fat intake to 30%?
- Increase your calcium intake to 100%?
- Exercise for at least 20 minutes, 3 days each week?



You can feel better!

- Identify what you can do to improve your eating or exercise habits.
- Choose ONE behavior to change.
- Set a goal.
- Reach your goal and feel better!



The Foods You Eat Each Day



- You have learned how you can improve your eating and exercise habits.
- You have helped MO Department of Health and Senior Services collect data on school age children.

Thank You

Click the mouse.

Go to “File” and close.